

FOOT MENDER[®]



All in One

Treats and heals
dry skin, calluses,
corns and heel
fissures on
the feet.



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FOOTMENDER
ALL IN ONE®
INSTRUCTIONS
FOR USE

1. Introduction

It is the skin's job to protect underlying tissue from external stressors. The outermost visible layer of the skin is called the epidermis and functions as the body's external shield.

The epidermis contains cells that produce keratin – a sulphurous, fibrous protein that helps make skin strong and resistant to wear. New keratin-containing cells are produced continually in the epidermis. These cells slowly move upward toward the surface of the skin. The closer to the surface they get, the flatter they become, before they eventually die. These dead cells remain on the surface of the skin as a protective layer until they are replaced by new cells from below and are shed. On average, this process takes three to four weeks. The thickness of the epidermis depends on where on the body it is located. Skin surfaces that are subject to extra wear and tear, such as the palms of the hands and soles of the feet, have a thicker epidermis.

2. What Are the Symptoms?

Dry feet, calluses and heel fissures are very common problems which affect men and women of all ages but become more common with age.

When the skin's natural cell renewal process is disrupted in some way, it can no longer shed dead skin cells and these form a hard layer. When this happens the skin becomes dry and calluses appear, which, in turn, may lead to painful cracking. The skin's appearance also changes. Callused skin is often yellow or brownish in colour.

If they develop, heel fissures can be very painful. Left untreated, the condition may worsen and the cracks may become infected.

There are several factors that affect the development of heel fissures and it is more common for fissures to develop during the winter months and with age. When feet are subjected to excessive strain, such as through standing for long periods, using shoes with open heels and/or being overweight, the increased pressure placed on the skin makes it more prone to cracking.

3. How Does Footmender Work?

Footmender is a multifunctional foot care product with a unique, patented formula that treats, heals and restores the skin on your feet.

Footmender has multiple uses and treats; dry skin, calluses, corns and heel fissures.

Footmender All in One has a unique formula containing six active ingredients that makes it unique and especially suitable and adapted for foot care.

Footmender works in eight different ways:

- Antimicrobial effect that prevents the regrowth of microorganisms for up to 12 hours
- Exfoliating
- Binds and preserves moisture in the skin
- Softens the skin
- Reduces skin sensitivity and slows down water loss
- Stabilises skin cell renewal

- Have a beneficial effect on wound healing
- Strengthens the skin's barrier function

As a result, Footmender has a triple-acting effect:

Antimicrobial

Footmender has a long-lasting antimicrobial effect, reducing the number of bacteria and microorganisms on the skin where it is applied. Studies have shown that Footmender's antimicrobial function is effective as soon as it is applied and prevents the regrowth of microorganisms for up to 12 hours.

By reducing the stress caused by bacteria and creating optimal conditions for skin health, Footmender helps the skin on your feet to return to its natural and original condition.

Exfoliating

Footmender has the ability to remove dead skin cells. The technical term for this function is exfoliation. Footmender exfoliates by penetrating the outermost layer of the skin, where it weakens the binding properties of the skin's lipids – the glue-like substance that holds cells in place on the skin's surface. This allows dead skin cells to fall off, giving new cells room to grow. The skin underneath has a healthier appearance, with more colour and lustre.

Facilitating

Footmender supports healing by stimulating and stabilising skin cell renewal, helping skin to regain its natural protective function more quickly. Footmender binds and preserves moisture not only in the skin's outer layers, but also at a deeper level. As a result, Footmender functions as a skin softener and moisturiser and restores the natural elasticity of your feet's skin.

The purpose of the course of treatment using Footmender is to restore the skin on your feet to its original condition. Thanks to its unique formula and effect, Footmender replaces the function of various creams as well as foot baths, foot files and exfoliating socks.



FOOT BATHS



FOOT FILES



EXFOLIATING SOCKS



CREAMS

In other words, it allows you to treat dry feet, calluses, corns and heel fissures with a single product.

Footmender may be used even when the skin on your feet is damaged.

4. Medical Device

Footmender is classified as a Class IIa Medical Device according to the European medical devices legislation. This means that Footmender's effect is well documented and that it is manufactured using a strict and regulated process that meets predetermined requirements.

5. Ingredients

Aqua, Urea, Sodium Lactate, Lactic Acid, Tartaric Acid, Glycolic Acid, Panthenol, Glycerin, Methyl Methacrylate Crosspolymer, PEG-20 Methyl Glucose Sesquistearate, Methyl Glucose Sesquistearate, Butyrospermum Parkii Butter, Octyldodecanol, Behenyl Alcohol, Simmondsia Chinensis Seed Oil, Caprylyl Glycol, Squalane, Menthol, Polyacrylate-1 Crosspolymer, Retinyl Palmitate, Sodium Gluconate.

Footmender has a refreshing scent of Menthol and contains no perfumes or ingredients of animal origin. Thanks to its unique formula and packaging, Footmender does not contain any preservatives.

6. When and How Is Footmender Used

Use and Dosage: Apply Footmender once a day until the desired result is achieved. Use two pump strokes of Footmender per foot. (If using the 10 ml can, use 12 pump strokes per foot). Rub Footmender into the skin for at least one minute, preferably in the evening (for practical reasons). Footmender All in One leaves no unsightly residue on the skin and is absorbed quickly.

Generally, you will notice an improvement after the first treatment. The results will then continue to improve with each additional day of treatment. The length of treatment depends on how severe the problems are when the treatment begins and on the degree of healing desired. Once the desired result is achieved, we recommend switching to maintenance treatment.

Maintenance Treatment: If the problems are severe, a course of treatment as outlined above should first be undertaken in order to achieve complete healing. Once the course of treatment is complete, we recommend switching to maintenance treatment to maintain the good results. Without maintenance treatment, there is a risk that the problems will gradually return. A suitable treatment interval is one to two times per week.

How Long Will One Footmender Can Last? A 100 ml can contains approximately 25 daily doses. Based on a one-week treatment course followed by maintenance treatments one or two times a week, a can of Footmender will last approximately four or two months, respectively.

When using the pump for the first time: Pump repeatedly until the content begins to come out (generally, about 5-10 pump strokes are needed).

Helpful reminders: Avoid open-heel shoes and wear socks

and comfortable shoes that support the foot. If you stand up a lot at work, you should try to vary your job position. For overweight people, the problems can be improved by trying to lose weight. To reduce the problems, be careful to treat your feet so that the skin does not get dry and cracks.

Footmender can also be used by pregnant or breast-feeding women.

7. Description of the Product's Packaging

Footmender's packaging is a patented airless pump device. Airless pumps are a modern technology designed to provide innovative and advanced preparations with the best possible protection. They ensure that no air or foreign matter come into contact with the product inside the container. Footmender's packaging also makes precise dosing possible and allows 100 ml (or 10 ml, respectively) to be all pumped out and used. It is easy to use and causes no mess. It can also easily be carried inside a bag.

8. Warnings and Precautions

Footmender is intended for external use on the feet.

Footmender must not be used if you are allergic or hypersensitive to any of the ingredients included in the product.

Occasionally, Footmender may cause a temporary stinging or pricking sensation in the skin, especially if the skin is damaged or cracked. This discomfort is not dangerous and may be caused by the product's low pH value. Otherwise, there are no known side effects.

Footmender has no known contraindications, i.e. instances when the product should not be used. Make sure to contact your healthcare provider if you have diabetes or impaired circulation and have recurrent or prolonged problems with your feet.

Avoid having Footmender come into contact with your eyes. If this happens, rinse your eyes thoroughly with water. If the irritation persists, consult a physician.

9. Shelf Life and Storage

Footmender's shelf life is indicated by an expiration date marked on the packaging. This date applies to both opened and unopened product.

Keep out of reach of children and at room temperature.

10. Contact Information

If you have any questions or would like more information about Footmender, please visit www.footmender.co.uk

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Manufacturer: Footmender AB,
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Footmender is a registered trademark of Footmender AB.
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